

Did you know...



The theme for this summer's national reading program is Wellness, Fitness and Sports. It's important for your child to be healthy and active. Children's health and well-being affects how well they are able to learn and develops the skills they'll need to be successful in school.

Take time to go to the park and bring books with you for an outdoor storytime. Make reading bedtime stories a family tradition and sing songs as you walk around your neighborhood. Play games with your child so they learn to follow directions, take turns, and exercise their bodies.

There are many great children's books with a nutrition theme. Check some out from your local library as you talk about healthy eating with your child and try new foods. Be sure to sign your children up for summer reading at the library. Programs are free!

Keep busy and active this summer, and get "On Your Mark, Get Set, Read!"

Here's how...



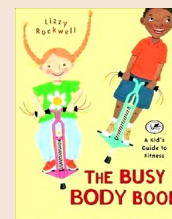
- ✪ Check out the activities your local Parks and Recreation department has planned.
- ✪ Go for walks in your community and point out signs and other print as you go.
- ✪ Play some outdoor games you played as a child: Tag; Hide-and-Seek; Red Light, Green Light, etc.
- ✪ Walk around the grocery store or farmer's market and choose new fruits or vegetables to try.
- ✪ Go watch a local sports team play a game.
- ✪ Check out sports and fitness picture books or magazines at your library.



Read

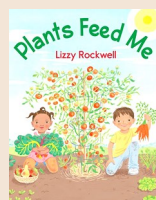


***The Busy Body Book,* by Lizzy Rockwell**

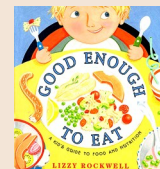


Bodies are amazing! Bodies are made to move– to jump, twist, run, and think. In this book, the author uses kid-friendly language to explain to young children how their muscles, bones, brain, lungs and heart all work together to keep them on the go.

Other books by this author:



Plants Feed Me



Good Enough to Eat

Choose Books



More books to teach about health and exercise...

A Stick Is an Excellent Thing: Poems Celebrating Outdoor Play, by Marilyn Singer

How Did That Get in My Lunchbox?: The Story of Food, by Chris Butterworth

The Vegetables We Eat, by Gail Gibbons

Rah, Rah, Radishes, by April Pulley Sayre

Stretch, by Doreen Cronin

Froggy Plays Soccer, by Jonathan London



Talk



Talk with your child about healthy eating habits. ChooseMyPlate.gov is a program that gives guidelines about nutrition for children and adults. They recommend that $\frac{1}{2}$ of your plate should be vegetables and fruits, $\frac{1}{4}$ of the plate should be grains, $\frac{1}{4}$ of the plate should be proteins, and children should drink 1 cup of milk with each meal. The website not only has information, but activities you can do with your child. Check it out: www.choosemyplate.gov/

Write



Include your child in meal planning and preparing grocery lists. This will provide them with natural opportunities to read and write– as well as teaching them about nutrition and budgeting. According to their skill level, they can dictate the food items to you to write, or they can write them on their own. Invented spelling is ok!

Play



We Can

(Match actions to words)

We can hop, hop, hop,

We can bop, bop, bop,

We can flop, flop, flop,

We can stop, stop, stop.

We can nod our heads, “yes,”

We can shake our heads, “no,”

We can bend our knees a tiny bit

And sit down and touch a toe.

Material from *The Bilingual Book of Rhymes, Songs, and Fingerplays* by Pam Schiller, Rafael Lara-Alecio, and Beverly J. Irby, ISBN 978-0-8769-284-7, is reprinted with permission from Gryphon House, Inc., www.gryphonhouse.com

Sing



Hokey Pokey

You put your right foot in,
You put your right foot out,
You put your right foot in
And you shake it all about.
You do the Hokey Pokey
And you turn yourself around,
That's what it's all about!

*Continue with left foot, right hand, left hand,
belly, head, and whole body.*

You can hear the tune at
www.thelearninggroove.com
Search the song titles list



At your library...



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